Name: .....

Theme: Health and Environment.

3.1.1	Main skill Understand the main points in simple longer texts on a range of familiar topics
3.1.2	Complementary skill Understand the specific details and information in simple longer texts on a range of familiar topics

Reading

Teenagers nowadays experience a lot of issues that they are often unable to deal with. Many teenagers suffer all sorts of mental problems. Depression is one of them. If someone you know suddenly starts keeping to himself, becomes a loner, has problem sleeping, or starts to do badly in school, talk to a responsible adult about it. Other than this, many young ones are involved in bullying either as a victim or as the bully. One form of bullying is cyberbullying. Children should be educated about the dangers of social media and how to prevent bullying. They must be taught to reportit if it happens to them or to someone they know.

Drugs, alcohol and smoking are big problems these days. Weaker students who are not strong enough to say NO, give in easily and play around with drugs, cigarrettes and alcohol. Soon they become addicted. Children need to know about the dangers of these addictions and have someone they can trust to help them with these problems. A helpline is a good solution. Electronic media has made it even harder for teens to say NO. Children should be taught how to make wise choices and to stand up to peer pressure. They should not feel they have to follow what others are doing. They have to say NO if it's wrong!

Answer the questions below.

1. A mental problem mentioned in this text is .....

   A. Obsession
   B. Depression
   C. Sensation

2. If you know of anyone involved in bullying, you .....

   A. Starts do badly in school
   B. Keep it to yourself
   C. Talk to a responsible adult

3. Online bullying is called .....

   A. Cyberbullying
   B. Mental bullying
   C. Sexual bullying

LIVEWORKSHEETS

4. A telephone service that helps with certain problem is .....

   A. Helpline
   B. Hotline
   C. Online

5. These are the things that teenagers should learn to say NO to except .....

   A. Drugs
   B. Cigarettes
   C. Reading

LIVEWORKSHEETS